

REGISTRATION BEGINS SEPTEMBER 8

2008 - 2009 Fall & Winter Program

Battle Creek

75 So. Winthrop
651-501-6347

Conway

2090 Conway St.
651-501-6343

Dayton's Bluff

800 Conway St.
651-793-3885

Duluth & Case

1020 Duluth St.
651-298-5709

Hayden Heights

1965 East Hoyt
651-298-5716

Hazel Park

945 North Hazel Ave.
651-501-6350

Margaret

1109 Margaret St.
651-298-5719

Phalen

1000 E. Wheelock Parkway
651-793-6600

Prosperity

1371 Kennard St.
651-298-5722



Welcome to the East Area

Helping to Make Saint Paul the Most Livable City in America

Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



VISIT US ON THE WEB
www.stpaul.gov/parks

This program is subject to change due to citywide or local special events.

General Parks and Recreation Information	651-266-6400
Parkwatch	651-646-3535
Seasonal & Part-time Employment	651-266-6466
Volunteer Hotline	651-266-6464
Environmental Program Volunteer Hotline	651-266-6458

An Affirmative Action Equal Opportunity Employer

Administration

Director:	Bob Bierscheid, CPRP
Manager of Recreation Services:	Kathy Korum
Service Area Coordinator:	Gwen Peterson

East Area Staff

Youth & Family Specialist:	Bonnie Stokes
Facility Specialist:	Bill McCann
Youth Sports Specialist:	Mike DeVilliers
Onsite Directors:	Deb Holtkamp Ron Snaza
Onsite Assistant Directors:	Kate Frye Gina Stokes Will Xiong

Holiday Closings for Recreation Centers

Monday, September 1 (*Labor Day*)
Thursday, November 27 (*Thanksgiving Day*)
Friday, November 28 (*Some sites will be open - call for info.*)
Thursday, December 25 (*Christmas*)
Thursday, January 1 (*New Year's Day*)

Volunteers Needed

Share your time and interests with Saint Paul Parks and Recreation as a volunteer. Opportunities for coaching, teaching classes or assisting with special events are available. For more information on volunteering, contact your local recreation center. Thank you in advance for your interest.

Thank You to Our Volunteers

A special thanks to all of the volunteers who coached sports or assisted with one of the many special events. Without volunteers like you, our programs would not be possible.

Registration Information

Most activities and special events have limited space and are filled on a first-come, first-served basis. Individuals with special needs or disabilities are invited to participate in all recreation center programs. If the disability requires special services, please call for more information. Please register at least three weeks in advance of the class to allow for arrangements of accommodations. Individuals who are deaf/hearing impaired may contact any of the area recreation centers through the 711 voice-relay system.

In Person Registration

Walk-in registration is accepted during building hours.

Online Registration

By using a valid credit card, adults can register online from any computer connected to the internet. Our online address is www.stpaul.gov/parks. If you don't have access to a computer, visit any recreation center and the center staff will be able to process your registration for any activity at any recreation center in the city.

Fees & Refunds

Cash, checks, and credit cards (VISA, Mastercard, Discover, & American Express) are accepted. No money orders. Please make checks payable to the "City of St. Paul." All refunds are subject to a \$10 administration charge unless the program is cancelled. To request a refund, contact the Recreation Center Staff.

Registration is complete when the fee is paid.

Facility Rental Opportunities

Do you need space for a birthday party, anniversary, group meeting or work gathering? Saint Paul Parks and Recreation has a wide variety of spaces available for rent. Spaces such as multipurpose rooms, gymnasiums, kitchens, softball fields, and more are all available at reasonable rates. Contact any Recreation Center for more information.

Photography & Video Recordings

Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the facility staff.

Minnesota Data Privacy Act

In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you, the Parks and Recreation staff, and volunteers who need the information to perform their duties – not the public.

Advertise With Us!

Reach Saint Paul households with an ad in the Parks & Recreation Seasonal Program. For more information, ad sizes, and costs, contact Bonnie Stokes, Youth and Family Specialist.

Adaptive Recreation Program

The Adaptive Recreation Program provides leisure services to individuals who are mentally and/or physically disabled. Recreational, educational, and cultural activities are offered throughout the year at various Recreation Centers and Community Education sites throughout Saint Paul. For more information about the Adaptive Recreation Program, or to receive a copy of the ARCH newsletter, contact the Adaptive Recreation Office at 651-793-6635.

TODDLER

Parent & Tot Play Time

Instructor: Staff

This unstructured time is for parents or daycare providers and their kids to play in our gymnasium. Tumbling mats, small slides, small wheeled bikes, scooters, and balls will be available. Snacks and Drinks are not allowed in the gymnasium. (Equipment varies from site to site) Children must be accompanied by an adult at all times.

Battle Creek

DAY: Tue/Thurs DATE: Sept 11 TIME: 10am-12:00noon
FEE: Free AGE: 5 & under SESSIONS: On-going

Dayton's Bluff

DAY: Wed & Fri DATE: Sept 17 TIME: 10am-12:00noon
FEE: Free AGE: 5 & under SESSIONS: On-going

Duluth & Case

DAY: Fri DATE: Sept 12 TIME: 10am-12:00noon
FEE: Free AGE: 5 & under SESSIONS: On-going

Hayden Heights

DAY: Wed DATE: Sept 17 TIME: 1-3:00pm
FEE: Free AGE: 5 & under SESSIONS: On-going

Margaret

DAY: Tue DATE: Sept 16 TIME: 10am-12:00noon
FEE: Free AGE: 5 & under SESSIONS: On-going

Prosperity

DAY: Mon DATE: Sept 15 TIME: 10am-12:00noon
FEE: Free AGE: 5 & under SESSIONS: On-going

Messy Play

Battle Creek

Instructor: YMCA

Messy Play provides your child with a one of a kind experience. Your child will be involved in exciting art, craft and messy play activities, in a relaxed, safe and secure environment. Children will get the chance to work with many different art and craft materials. The activities are carefully planned and are age appropriate to help your child reach their full potential.

DAY: Thur DATE: Sept 18 TIME: 10-10:30am
FEE: \$35 AGES: 3-5 SESSIONS: 7

Recreation for Preschoolers

Battle Creek

Instructor: L. Winge

Battle Creek Recreation Center is providing programs for the 2008-2009 school year. The program will offer a variety of activities to encourage language, cognate, gross/line motor skills needed to be successful when they enter kindergarten. Programs follow curriculum and are taught by a license school teacher. Please call the center for openings and availability. All children must be potty trained. Space is limited

Tiny Turtles

DAY: Tue & Thur DATE: Sept 9- May 21 TIME: 9:30-11:30am
FEE: \$95/month AGES: 3-4 SESSIONS: Current School Year

Learning Lizards

DAY: Mon/Wed/Fri DATE: Sept 8- May 22 TIME: 9:30-11:30am
FEE: \$115/month AGES: 4-5 SESSIONS: Current School Year

Pre-School Tumbling

Instructor: YMCA

Our youngest gymnasts will learn simple skills on the mats such as frog leaps, bear crawls, and forward rolls. This basic introduction to coordination and movement makes this a fun and exciting class. Some equipment such as a balance beam will be used.

Battle Creek

DAY: Thur DATE: Sept 18 TIME: 10-10:30am
FEE: \$35 AGES: 3-5 SESSIONS: 7

Dayton's Bluff

DAY: Wed DATE: Sept 17 TIME: 10-10:30am
FEE: \$35 AGES: 3-5 SESSIONS: 7

Judo for Tots

Dayton's Bluff

Instructor: G. Trembulak

Through fun games and exercises, this class will emphasize positive social interactions, hand-eye and whole body coordination. Basic Judo techniques will be introduced.

DAY: Saturday DATE: Jan 10 - March 31 TIME: 11am-1:00pm
FEE: \$75 / 3 months AGES: 4-6 SESSIONS: 12



SAINT PAUL
PUBLIC
LIBRARY

Local Libraries

Saint Paul Library

Bookmobile

www.sppl.org

The Bookmobile stops at the following locations EVERY OTHER WEEK. For more information and specific dates, call the Bookmobile at 651-266-7540.

Margaret Tues. 5:00-6:30pm

Dayton's Bluff Library

7th St. at Mounds Blvd.

651-763-1699

M-Th 10:00am-8:00pm
Fri 10:00am-5:00pm
Sat 11:00am-4:00pm
Sun Closed

Hayden Heights Library

1456 White Bear Ave.

651-793-3934

Mon, Wed, & Th 12:30-9:00pm
Tue 10:00am-9:00pm
Fri & Sat 10:00am-5:30pm

Sunray Library

2105 Wilson Ave.

651-501-6300

M-Th 10:00am-9:00pm
Fri & Sat 10:00am-5:30pm
Sun 1:00-5:00pm

YOUTH

Pre Ballet

Dayton's Bluff

Instructor: L. Zachari

Learn ballet basics in a fun, activity-oriented class geared towards young dancers! Students who continue for the second and third trimesters will have the opportunity to participate in the Pas de Deux Dance Studio spring recital in May. Girls should wear a leotard, pink or white tights and pink leather ballet shoes. Hair should be worn in a ballet bun. Boys should wear a t-shirt tucked into black pants or shorts, white socks and black leather ballet shoes.

FALL SESSION

DAY: Fri	DATE: Sept 12-Nov 21	TIME: 11:30-12:00noon
FEE: \$39	AGES: 4-6 years	SESSIONS: 11 weeks

WINTER SESSION

DAY: Fri	DATE: Jan 9 - March 20	TIME: 10:30-11:30am
FEE: \$39	AGES: 7-12	SESSIONS: 11 weeks

Ballet I

Dayton's Bluff

Instructor: L. Zachari

Students will learn classical ballet steps in a safe, encouraging environment. Each class will follow the traditional ballet lesson structure, with stretches, barre and center work based on the Cecchetti Method of Classical Ballet. Dancers who continue for the second and third trimesters will have the opportunity to learn and perform a recital dance in the Pas de Deux Dance Studio spring recital. Girls should wear a leotard, pink or white tights and pink leather ballet shoes. Hair should be worn in a ballet bun. Boys should wear a t-shirt tucked into black pants or shorts, white socks and black leather ballet shoes.

FALL SESSION

DAY: Fri	DATE: Sept 12 - Nov 21	TIME: 10:30-11:30am
FEE: \$66	AGES: 7-12	SESSIONS: 11 weeks

WINTER SESSION

DAY: Fri	DATE: Jan 9 - March 20	TIME: 10:30-11:30am
FEE: \$66	AGES: 7-12	SESSIONS: 11 weeks

Tap & Ballet

Battle Creek

Instructor H. Hauser

Participants will learn basic classical ballet and tap techniques. Tap & ballet shoes required. A spring recital will be held at Battle Creek Jr. High School. A \$35 costume fee will be due Feb. 6, 2009.

FALL SESSION

DAY: Mon	DATE: Oct 6	TIME: 5-5:30pm
FEE: \$45	AGES: 3-4	SESSIONS: 8 weeks
DAY: Mon	DATE: Oct. 6	TIME: 5:45-6:30pm
FEE: \$45	AGES: 5-6	SESSIONS: 8 weeks
DAY: Mon	DATE: Oct 6	TIME: 6:45-7:30pm
FEE: \$45	AGES: 5-6	SESSIONS: 8 weeks
DAY: Mon	DATE: Oct 6	TIME: 7:45-8:30pm
FEE: \$45	AGES: 7-9	SESSIONS: 8 weeks

WINTER SESSION

DAY: Mon	DATE: Jan 26	TIME: 5-5:30pm
FEE: \$75	AGES: 3-4	SESSIONS: 14 weeks
DAY: Mon	DATE: Jan 26	TIME: 5:45-6:30pm
FEE: \$75	AGES: 5-6	SESSIONS: 14 weeks
DAY: Mon	DATE: Jan 26	TIME: 6:45-7:30pm
FEE: \$75	AGES: 5-6	SESSIONS: 14 weeks
DAY: Mon	DATE: Jan 26	TIME: 7:45-8:30pm
FEE: \$75	AGES: 7-9	SESSIONS: 14 weeks

Cheer America Cheerleading

Dayton's Bluff

Instructor : Cheer America

Cheer America is an exciting cheerleading program for children. Choreographed dance routines are designed to improve coordination, fitness, and flexibility. Scholarships are available for youth on public assistance. Open house registration night will be Sept 22nd, 2008 at 6:00pm.

FALL SESSION

DAY: Mon	DATE: Sept 29 - Dec 15	TIME: 6-7:00pm
FEE: \$6/week	AGES: 5 & Up	SESSIONS: 12

WINTER SESSION

DAY: Mon	DATE: Feb 9 - May 11	TIME: 6-7:00pm
FEE: \$6/week	AGES: 5 & Up	SESSIONS: 12

Young Americans Self Defense

Dayton's Bluff

Instructor: Young Americans

This program promotes self defense, personal improvement, physical fitness, and confidence. The program mission is to promote child safety by instructing children in self-defense techniques and safety awareness. Scholarships are available for youth on public assistance. Open house registration night will be Sept. 24 from 6:00pm.

FALL SESSION

DAY: Wed	DATE: Sept 24 - Dec 17	TIME: 6:00pm
FEE: \$6/week	AGES: 5 and Up	SESSION: 12

WINTER SESSION

DAY: Mon	DATE: Feb 11 - May 6	TIME: 6:00pm
FEE: \$6/week	AGES: 5 and Up	SESSION: 12

Judo

Dayton's Bluff

Instructor: G. Trembulak

Through fun games and exercises, this class will emphasize positive social interactions, hand-eye and whole body coordination. Basic Judo techniques will be introduced.

DAY: Saturday	DATE: Jan 10th - March 31	TIME: 11am-1:00pm
FEE: \$75/ 3 months	AGES: 7-11	SESSIONS: 12

Kids Fitness Yoga

Battle Creek

Instructor: YMCA Staff

This is a wonderful way to introduce the benefits for fitness yoga (strength, stretching, breathing, relaxation) to children through games and activities in a safe, enjoyable, inclusive format.

DAY: Tue	DATE: Sept 16	TIME: 6:30-7:30pm
FEE: \$45	AGES: 6-12	SESSIONS: 7

Just for Girls

Dayton's Bluff

Instructor: YMCA Staff

A great class for every girl; this class focuses on self-esteem, building friendships, and having fun through exciting "girl only" activities.

DAY: Wed.	DATE: Sept 17	TIME: 5-6:00pm
FEE: \$40	AGES: 10-14	SESSIONS: 7

Basketball Camp

Duluth and Case

Come and have fun while learning the basic fundamentals of basketball.

DAY: Tue	DATE: Sept 23	TIME: 7-9:00pm
FEE: Free	AGES: 11-14 yrs	SESSIONS: 6
DAY: Tue	DATE: Sept 23	TIME: 6-7:00pm
FEE: Free	AGES: 9-10 yrs	SESSIONS: 6

Street Beats: Urban Drumming

Instructor: J. Abdur-Salaam

Street Drumming has finally arrived at a Rec Center near you! Now is your chance to not only learn to play the drums but be and feel the drums. Participants will learn basic beats and rhythms, while drumming on five gallon buckets with real drum sticks. "March to the beat of your own drummer"-- A community performance will follow each session.

Hazel Park

FALL SESSION

DAY: Thur	DATE: Sept 18	TIME: 4:15-5:15pm
FEE: \$25	AGE: 7-12	SESSIONS: 8

WINTER SESSION

DAY: Tue	DATE: Jan 8	TIME: 4:15-5:15pm
FEE: \$25	AGE: 7-12	SESSIONS: 8

Conway

FALL SESSION

DAY: Thur	DATE: Sept 18	TIME: 6:30-7:30pm
FEE: \$25	AGE: 7-12	SESSIONS: 8

WINTER SESSION

DAY: Thur	DATE: Jan 8	TIME: 6:30-7:30pm
FEE: \$25	AGE: 7-12	SESSIONS: 8

Candy Bingo

Instructor: Staff

Join us at the center for some fun with the staff playing BINGO. Adults are welcome with their children.

Hazel Park

DAY: Fri	DATE: Sept 26	TIME: 4:30-5:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Phalen

DAY: Thur	DATE: Sept 25	TIME: 3:30-4:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Prosperity

DAY: Thur	DATE: Sept 25	TIME: 4-5:00pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Hayden Heights

DAY: Fri	DATE: Sept 26	TIME: 4:30-5:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Margaret's Manga Club

Margaret

Instructor: Staff

Teens are you interested in Japanese and Foreign animation, then join us in our new Manga club at Margaret! Club will preview weekly animations, movies and comics. Members will discuss, and share their animations with each other.

FALL SESSION

DAY: Tue	DATE: Sept 23	TIME: 4-6:00pm
FEE: Free	AGES: 12 & Up	SESSIONS: 12

WINTER SESSION

DAY: Tue	DATE: Jan 13	TIME: 4-6:00pm
FEE: Free	AGES: 12 & Up	SESSIONS: 12

Chess Club

Prosperity

Instructor: Staff

Explore the game of chess with strategies, maneuvers, rules and more. Informal competition is the key.

DAY: Tues	DATE: Sept 23	TIME: 6:00-7:30pm
FEE: Free	AGES: 7-16	SESSIONS: 8



4H Group

Phalen

Instructor: Staff

Come learn life skills, how to set goals, meet new friends and have lots of fun. This group will meet on the second Saturday of each month through May.

FALL SESSION

DAY: Sat (2nd Sat of the month)	DATE: Sept 13	TIME: 9:30-11:30am
FEE: Free	AGES: 4th grade & up	SESSIONS: 12

WINTER SESSION

DAY: Sat (2nd Sat of the month)	DATE: Jan 10	TIME: 9:30-11:30am
FEE: Free	AGES: 12 & Up	SESSIONS: 12

Beads, Beads, and More Beads

Instructor: Staff

Do you enjoy making art with beads, then please join us in doing a variety of bead projects! Participants will work with fuse beads, letter beads, material beads, and more.

Hazel Park

DAY: Tue	DATE: Sept 23	TIME: 6-7:00pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Phalen

DAY: Thur	DATE: Sept 25	TIME: 4:30-5:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Prosperity

DAY: Thur	DATE: Sept 25	TIME: 3-4:00pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Take Home Chef!

Learn how to make simple healthy snacks that you can take home, and make at home.

Dayton's Bluff

DAY: Tues	DATE: Sept 23	TIME: 6-7:00pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Margaret

DAY: Tues	DATE: Sept 23	TIME: 6:30-7:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Duluth and Case

DAY: Thur	DATE: Sept 25	TIME: 6:30-7:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Phalen

DAY: Tues	DATE: Sept 23	TIME: 4:30-5:30pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Dodgeball

Hayden Heights

Instructor: Staff

Join us for some fun and fitness playing dodge ball. We will make up new teams each session.

DAY: Tue	DATE: Sept 23	TIME: 6-7:00pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Cheerleading at the Bluff

Dayton's Bluff

Instructor : N. Jefferson

Girls come and learn old school and new school cheers. Participants will learn basic cheerleading techniques.

Dayton's Bluff

DAY: Tue & Thur	DATE: Oct 7	TIME: 6:30-7:30pm
FEE: Free	AGES: 10-16	SESSIONS: 8

Board Games and More

Games and equipment may be checked out for your enjoyment.

Items include: Balls, ping-pong, cards, board games etc.

Dayton's Bluff

DAY: Wed	DATE: Sept 24	TIME: 6-7:00pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Margaret

DAY: Mon	DATE: Sept 22	TIME: 5:30-7:00pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Duluth and Case

DAY: Wed	DATE: Sept 24	TIME: 5:30-7:00pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Phalen

DAY: Wed	DATE: Sept 24	TIME: 3:30-4:30pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Hayden Heights

DAY: Thur	DATE: Sept 25	TIME: 4-5:30pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Jump Roping Class

Single and double dutch. No experience necessary.

Dayton's Bluff

DAY: Mon	DATE: Sept 22	TIME: 6-7:00pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

Margaret

DAY: Fri	DATE: Sept 26	TIME: 3:30-4:30pm
FEE: Free	AGES: 7-12	SESSIONS: 8

Duluth and Case

DAY: Thur	DATE: Sept 25	TIME: 3-5:00pm
FEE: .50/wk	AGES: 7-12	SESSIONS: 8

NFL Football Picks

Any East Area Recreation Center

(Ages 7-17) Try your luck in picking who's going to win each weeks game. Must turn in picks by Thursday of each week at any East Area recreation center. Begins 1st week in Sept. Free



YOUTH ATHLETICS

The City of Saint Paul, Division of Parks and Recreation is committed to providing quality athletic programming for youth of all ages and abilities. The basic foundation of our program is to:

- Encourage participation in physical activities
- To promote the development of physical skills
- To provide a safe place and fun experience.

Our program is built on the principles of fair play, good sportsmanship and respect for one's self and one's opponent. It is our expectation that everyone involved in youth athletic programming will contribute in a positive manner. We will provide a healthy environment where participants will feel safe, welcome and where they will find their athletic experience rewarding.

All participants must live in Saint Paul unless the participant is enrolled in a public, private, or charter school within the Saint Paul city limits.

Participants are required to:

- Provide a copy of the birth certificate at time of registration
- Pay registration fee at time of registering

Non-resident participants are required to:

- Show proof of enrollment/school attendance for the current year.
- Comply with all other requirements (examples: age, weight for football, etc.) for team participation.

* Late registrations will be accepted if roster space is available.

* Late registrations may be charged a late fee

Fall Sports registration was held from July 7 to August 1st. space may be available on some teams please call your local East Area Recreation Center for more information.

Winter Sports Registration

REGISTRATION: Oct 13-17

Late registration will be taken if space is available.

Basketball: Ages 10, 12, 14, and 18 & under

Spring Sports Registration

REGISTRATION: Feb 9-13

Late registration will be taken if space is available.

Volleyball: Ages 10, 12, 14, and 18 & under

Indoor Soccer: Ages 10, 12, 14, and 18 & under

Floor Hockey: Ages 6, 8, 10, and 12



TEEN

Hip Hop for Teens

Dayton's Bluff

Instructor: YMCA Staff

A high-energy class that uses the latest sounds in rap, R&B, and pop music together with movements influenced by some of today's hottest video choreographers. Hip Hop encompasses many different movements elements to give students the opportunity to develop their own sense of style. Hip Hop is urban and it's street. It's diverse and it's ever changing.

DAY: Tues DATE: Sept 16 TIME: 6-7:00pm
FEE: \$45 AGES: 12-18 SESSIONS: 7

Teen Night

Hazel Park

Instructor: YMCA

An opportunity for youth to participate in recreational activities in a safe, positive environment at a time when they can be vulnerable to dangerous and unproductive atmospheres. Activities may include dodge ball, basketball, dancing, etc.

DAY: Fridays DATE: Sept 26, Oct 24, Nov 28, Dec 12
FEE: \$3 AGES: 13-18 TIME: 6-9:00pm

Break Dancing

Instructor: Staff

Break dancing also known as b-boying, b-girling, or breaking, is a style of hip-hop dancing that is back and more popular then ever. Bring your friends and come down to the Rec to show us your own free-style.

Dayton's Bluff

DAY: Tue DATE: Nov 4 TIME: 6-7:00pm
FEE: Free AGE: 7-12 SESSIONS: 8

Margaret

DAY: Wed DATE: Sept 24 TIME: 5:30-7:30pm
FEE: Free AGE: 12 and Up SESSIONS: 8

Duluth and Case

DAY: Thur DATE: Sept 25 TIME: 4-7:00pm
FEE: Free AGE: 7-12 SESSIONS:

Phalen

DAY: Thur DATE: Sept 25 TIME: 3:30-4:30pm
FEE: Free AGE: 12-16 SESSIONS: 8

Hazel Park

DAY: Tue DATE: Sept 23 TIME: 6:00-7:00pm
FEE: Free AGE: 7-12 SESSIONS: 8

Spoken Word

Dayton's Bluff

Instructor: Staff

Teens join us in expressing yourself in a unique way! Spoken word is a form of literary art or artistic performance in which lyrics, poetry, or stories are spoken rather than sung. Spoken-work is often done with a musical background, but emphasis is kept on the speaker.

FALL SESSION

DAY: Tue DATE: Oct 7 TIME: 4-6:00pm
FEE: Free AGES: 12-Up SESSIONS: 10

WINTER SESSION

DAY: Tue DATE: Jan 13 TIME: 4-6:00pm
FEE: Free AGE: 12-Up SESSIONS: 10



Street Beats: Urban Drumming

Instructor: J. Abdur-Salaam

Street Drumming has finally arrived at a Rec Center near you! Now is your chance to not only learn to play the drums but be and feel the drums. Participants will learn basic beats and rhythms, while drumming on five gallon buckets with real drum sticks. "March to the beat of your own drummer" A community performance will follow each session.

Hazel Park

FALL SESSION

DAY: Tue DATE: Sept 18 TIME: 5:15-6:15pm
FEE: \$25 AGE: 13-18 SESSIONS: 8

WINTER SESSION

DAY: Tue DATE: Jan 8 TIME: 5:15-6:15pm
FEE: \$25 AGE: 13-18 SESSIONS: 8

Conway

FALL SESSION

DAY: Tue DATE: Sept 18 TIME: 7:30-8:30pm
FEE: \$25 AGE: 13-18 SESSIONS: 8

WINTER SESSION

DAY: Tue DATE: Jan 8 TIME: 7:30-8:30pm
FEE: \$25 AGE: 13-18 SESSIONS: 8

Teen Mentor Program

Instructor: Staff

Become a teen mentor in or After School Rec Check Programs. Mentoring is a structured and trusting relationship that brings teens together with younger youth. The teens will offer guidance, support, and encouragement aimed at developing the competence and character of the participants. Mentors are good listeners, people who care, people who want to help bring out strengths that are already there.

Conway

DAY: Tue DATE: Sept 15-June 6 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Dayton's Bluff

DAY: Tue DATE: Sept 15-June 6 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Duluth and Case

DAY: Tue DATE: Sept 15-June 6 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Prosperity

DAY: Tue DATE: Sept 15-June 6 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Teen Clubs

Working with adult partners in a mentoring relationship, teens learn leadership, communications, planning, & decision making skills. There will also be dodge ball, spoken work, hip hop and other fun games.

Margaret

DAY: Thur DATE: Sept 25 TIME: 5-7:00pm
FEE: Free AGE: 7-12 SESSIONS: 8

Dayton's Bluff

DAY: Mon/Wed DATE: Sept 25 TIME: 3:30-6:00pm
FEE: Free AGE: 7-12 SESSIONS: On-going

Teen Open Gym

Open gym space for all teens to participate in basketball, volleyball, dodgeball, etc... Must show ID to participate in program.

Battle Creek

DAY: Tue & Thur DATE: Sept 16 TIME: 3-5:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Conway

DAY: Tue DATE: Sept 16 TIME: 5-7:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Dayton's Bluff

DAY: Tue & Thur DATE: Sept 23 TIME: 5:30-7:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Duluth and Case

DAY: Mon DATE: Sept 22 TIME: 6-7:30pm
FEE: Free AGE: 13-18 SESSIONS: 12

Hayden Heights

DAY: Tue & Thurs DATE: Sept 23 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Hazel Park

DAY: Mon & Wed DATE: Sept 22 TIME: 6-7:30pm
FEE: Free AGE: 13-18 SESSIONS: 12

Margaret

DAY: Tue & Thur DATE: Sept 23 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Phalen

DAY: Tue DATE: Sept 2 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Prosperity

DAY: Tue DATE: Sept 2 TIME: 4-6:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

High School Ice Skating Party

Phalen

Bring all your friends and join us in a teen skating party, music, hot cocoa, and food!

DAY: Sun DATE: Jan 18 TIME: 6-10:00pm
FEE: Free AGE: 13-18 SESSIONS: 1

Girls Group

We will be learning proper communication skills. This will include social graces and job interviewing skills.

Margaret

DAY: Tue DATE: Sept 23 TIME: 6-7:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

Duluth and Case

DAY: Mon DATE: Sept 22 TIME: 6-7:00pm
FEE: Free AGE: 13-18 SESSIONS: 12

CAMPS & CLINICS

Fast Pitch Skills & Pitching Clinic

Hazel Park

Instructor: M. Moore

You will be instructed in hitting, fielding and other facets of the game. Pitching is a separate clinic. Pitchers should bring their own catchers. Please indicate if you are signing up for Skills or Pitching.

DAY: Sat DATE: Jan 24 TIME: 1-3:00pm
FEE: \$65 AGES: 9-14 SESSIONS: 6

Pick Up In-line Hockey

Phalen

We have a new outdoor rink that is just waiting to be used. Come and get in shape for the hockey season.

DAYS AND AGE GROUPS:

Mondays ----- High School
Tuesdays ----- U10 and U12
Wednesdays ----- U8
Thursdays ----- Adults
Fridays ----- Girls [Ages 6-16]

Starts Sept 2 TIME: 3-6:00pm FEE: Free SESSIONS: 12

Winter Break Boys Basketball Camp

Margaret

Instructor: W. Graves

Boys are invited to join us for a 2 day basketball camp over winter break. Youth will be instructed on different skills and drills including ball handling, shooting, passing, foot work, defense, screening, good sportsmanship, scrimmage play and more. Participants will receive a t-shirt. Limit 30.

DAY: Mon, Tues DATE: Dec 29, 30 TIME: 12noon-3:00pm
FEE: \$20 AGES: 11-14 SESSIONS: 2

Bowling For All

A program designed for children and families of St. Paul. The cost for a three month card is \$20.00 per person. You can stop in at any recreation center to purchase your card. The three months for fall includes, September - December 2008, and winter months of January - March 2009. Cards may be used anytime when open bowling is available. You may call Midway Pro Bowl or go to their web site for open times. For more information, please call your local recreation center.

MIDWAY PRO BOWL

1556 University Avenue • St Paul, MN 55116

www.midwayprobowl.com

Phone: 651-646-1396

FAMILY

Halloween Party

Dayton's Bluff

The East Area's Halloween party will be held Saturday October 25th for any ghosts, goblins or witches 12 years or younger. Activities will include carnival games, jump castle, candy guess, and crafts.

DAY: Sat	DATE: Oct 25	TIME: 11am-1:00pm
FEE: Free	AGE: All	SESSIONS: 1

Badminton

Phalen

Bring your family and friends and enjoy playing a fun game of badminton.

DAY: Mon	DATE: Sept 29	TIME: 3:30-5:00pm
FEE: \$2/person	AGE: All	SESSIONS: 24

Family Zumba

Battle Creek

Instructor: YMCA

Zumba is fusion of Latin and international music/dance themes that create a dynamic, exciting and effective fitness workout. These fun and easy routines feature interval training with a combination of fast and slow rhythms that the entire family will enjoy.

DAY: Thur	DATE: Sept 18	TIME: 6:30-7:30pm
FEE: \$45	AGE: 6 & Up	SESSIONS: 7

Family Open Gym

Gym time will be set aside for families on Sunday afternoons. When Ice Rink is Open.

Battle Creek

DAY: Sun	DATE: Dec 21	TIME: 1-4:00pm
FEE: Free	AGE: All	SESSIONS: 11

Phalen

FALL SESSION

DAY: Sat	DATE: Sept 6	TIME: 9am-12:00pm
FEE: Free	AGE: All	SESSIONS: 12

WINTER SESSION

DAY: Sat	DATE: Nov 23	TIME: 1-4:00pm
FEE: Free	AGES: All	SESSIONS: 12

Family Judo

Dayton's Bluff

This program is great for families who would like to all be in one class and work together. This class is geared toward fitness, sports judo and basic self-defense. Judo is a great full body conditioning activity for all ages.

DAY: Mon	DATE: Oct 6 – Nov 19	TIME: 7-8:30pm
FEE: \$180/ 3 months	AGES: All ages	SESSIONS: 8

Fit Family Fun Night

Conway

Families are invited to come enjoy some fun time together doing fitness related activities. Each night will include gym activities, food, and information on a variety of fitness topics. Be sure to put this on your calendar and join us!

DAY: Tue	DATE: Sept 23	TIME: 5-7:00pm
FEE: Free	AGES: All ages	SESSIONS: 1

Family Skating Party

Phalen

Join us for this family friendly event, enjoy hot chocolate, a warm bonfire, and bring a treat to share.

DAY: Sat	DATE: Dec 27	TIME: 5-9:00pm
FEE: Free	AGE: All	SESSIONS: 1

Skating Hours

HOCKEY RINK @ Conway & Phalen

PLEASURE RINKS @ Battle Creek, Hayden Heights, & Hazel Park

Skating hours are weather-permitting and typically begin in early January. Please call the respective center for exact times the rinks are open.

Phalen's warming room & restrooms will be available for your convenience on Fridays 3pm-9pm, Saturdays 9am-9pm and Sundays 12noon-7:00pm, Dec. 20 - March 14, 2009. Come and skate on the coolest rink in town, a refrigerated rink at Phalen Recreation.

Battle Creek's warming room and restrooms will be available for your convenience on Sundays from 12-4:00pm starting Dec. 21 thru March 1st. (Dates are subject to change & weather permitting)

Come and celebrate winter by sledding, snow shoeing or cross country skiing at Ramsey County's Battle Creek Regional Park, located adjacent to Battle Creek Recreation Center. (Rental equipment is not available) For more information, please call Ramsey County Parks and Recreation at 651-748-2500.

Rec Check Family Nights

Dayton's Bluff & Duluth and Case

Would you like to know more about our Rec Check after school program? Perhaps you already have a child attending and would like to see what they do on a daily basis. Stop by Dayton's Bluff or Duluth and Case after Rec Check and see what we do in our program.

DAY: Thursday	DATE: Nov 6	TIME: 6-7:30pm
FEE: Free	AGE: 1-6 graders & their families	SESSIONS: 1

Breakfast with Mr. & Mrs. Claus

Conway

Have a merry morning with us enjoying a pancake breakfast with all the trimmings. Visit with Mr. & Mrs. Claus. Bring your camera or pictures will be available for a nominal fee. Activities will include, holiday crafts, jump castle, and more!

DAY: Sat	DATE: Dec 13	TIME: 9am-12:00noon
FEE: \$3/adults, \$2/kids 12 & under	AGE: All	SESSIONS: 1

Ice Fishing

Any East Area Recreation Center

Instructor: DNR

Bundle up and come with us to Beaver Lake and enjoy one of Minnesota's favorite winter activities - Ice Fishing! All equipment is provided. Participants should dress appropriately for the weather including boots, hats, & mittens.

DAY: Thur	DATE: Feb 12	TIME: 4-6:00pm
FEE: Free	AGES: 10 & up (unless accompanied by an adult)	

Mite Hockey Jamboree

Phalen

East Area Athletic Association is sponsoring its annual hockey tournament. For more details call Jim McDonough at 651-778-8751.

DAY: Wed-Sun	DATE: Jan 14-18	TIME: 8am-8:00pm
FEE: Free	AGE: All	SESSIONS: 1

Hockey Day Minnesota

Phalen

Come celebrate hockey in Minnesota, enjoy watching games which will include Johnson HS vs. Rochester at 10am, Girls Varsity game: Stillwater vs. Minnetonka at 1:30pm, College game to be announced, all games will be shown live Fox Sports Network.

DAY: Sat	DATE: Jan 17	TIME: 9am-9:00pm
FEE: Free	AGE: All	SESSIONS: 1

ADULT



Adult Dodge Ball

Hayden Heights

Instructor: Staff

Are you looking for some fun & fitness? The Hayden Heights Dodgeball League is back by popular demand. This is your chance to relive the glory days from grade school. Form your 6-10 player team & get involved in this exciting league & season ending tournament.

FALL SESSION

DAY: Wed DATE: Sept 24 TIME: 6:30-9:30pm
FEE: \$100/team AGE: Adult SESSIONS: 7

WINTER SESSION

DAY: Wed DATE: Dec 3 TIME: 6:30-9:30pm
FEE: \$100/team AGE: Adult SESSIONS: 7

Irish Celtic Dancing

Conway

Come and learn Irish Celtic dancing. All ages & abilities welcome. No experience needed. Basic steps are taught at the beginning of each session. No partner required or special shoes

DAY: Wed DATE: Sept 10 TIME: 7-8:30pm
FEE: Free AGE: Adult SESSIONS: On-going

Women's Self Defense

Dayton's Bluff

This class teaches the basics of self-defense, what works in the real world, not just in the class room. Learn how to think and react on your feet, adapt to various situations.

DAY: Wed DATE: Oct 1 - Nov 19 TIME: 7-8:30pm
FEE: Free AGE: Adult SESSIONS: 8

Indoor KATO

Margaret

Adults are welcome to come and play the popular Kato sport. Come solo or bring a friend, all levels from beginners to veterans welcome. Kato is a game played with a small woven ball. It is played with people on each side in the shape of a triangle. They kick the ball back and forth over a net. You may hit the ball with any part of your body except for your hands.

DAY: Thur DATE: Sept 18 TIME: 7-8:30pm
FEE: \$2/day AGE: Adults SESSIONS: 7

Mat Pilates

Dayton's Bluff

Instructor: YMCA

Experience what the nation is buzzing about! Based on the exercises originally designed by Joseph Pilates, is a highly effective conditioning method that works your "power-house" muscles - the abdominals, lower back, thighs and gluteus. Each movement Emphasizes proper body alignment and breathing techniques done on a mat. You'll build strength, increase your flexibility, develop agility, improve your posture and deepen body awareness.

DAY: Thur DATE: Sept 18 TIME: 11am-12:00noon
FEE: \$45 AGE: Adults SESSIONS: 7

Phalen Youth Club

Phalen

This group specializes in fund raising, community events, assisting with programs and sports teams. Parents and residents are welcome to join. PYC funds are used to pay entry fees and buy equipment and supplies for Phalen Recreation Center. For more information please call Phalen at 651-772-7696.

DAY :Sun DATE: Sept 7 TIME: 6:00pm
FEE: \$5 AGE: All SESSIONS: On-going

Classical Literary Discussion Group

Phalen

Read and discuss classic books. The group will meet the second Tuesday of each month. For more information call the Eastside Arts Council at 651-774-5422

DAY: 2nd Tuesday/month TIME: 6:30-7:30pm
FEE: Free AGE: Adults SESSIONS: 36

Adult Volleyball

Come one or come with a group to enjoy a fun night of volleyball. Photo ID required.

Battle Creek

DAY: Thur DATE: Sept 11 TIME: 6:30-8:30pm
FEE: \$2/day AGE: Adults SESSIONS: 12

Margaret

DAY: Wed DATE: Sept 24 TIME: 7-8:30pm
FEE: \$2/day AGE: Adults SESSIONS: 12

Phalen

DAY: Fri DATE: Sept 12 TIME: 6:30-8:30pm
FEE: \$2/day AGE: Adults SESSIONS: 12

Prosperity

DAY: Thur DATE: Sept 11 TIME: 6-8:00pm
FEE: \$2/day AGE: Adults SESSIONS: 12

Dayton's Bluff

DAY: Thur DATE: Sept 11 TIME: 6:30-8:30pm
FEE: \$2/day AGE: Adults SESSIONS: 12

Hazel Park

DAY: Thur DATE: Sept 25 TIME: 6-8:00pm
FEE: \$2/day AGE: Adults SESSIONS: 12

Badminton

Battle Creek

The gymnasium will be available for all levels of play. Bring your favorite racket or use one provided by the recreation center. No pre-registration necessary; just show up and play.

DAY: Wed DATE: Jan 7 TIME: 12:30-2:30pm
FEE: \$1/wk AGE: Adult SESSIONS: 8

MUNICIPAL ATHLETICS

Are you looking to join an organized adult athletic team? Municipal Athletics, a section of Saint Paul Parks and Recreation, offers a wide variety of adult intramural athletic programs. Some possibilities include: baseball, basketball, boot hockey, broomball, softball and touch football. For more information please contact Municipal Athletics staff at 651-558-2255.

SENIORS

Strength Training for Seniors

Battle Creek

Instructor: YMCA

Improve daily living skills with a class incorporating balance, strength, flexibility, and agility. Included in this class is a functional fitness test that will provide you with tangible evidence of your own improvements.

Battle Creek

DAY: Thur DATE: Sept 18 TIME: 10-11:00am
FEE: \$45 AGES: Adults/Seniors SESSIONS: 7

Dayton's Bluff

DAY: Mon DATE: Sept 15 TIME: 10-11:00am
FEE: \$45 AGES: Adults/Seniors SESSIONS: 7

Battle Creek Seniors

Battle Creek

Instructor: Staff

Join us each week or on occasion for a nice afternoon of socializing and playing 500. Snacks and coffee provided.

DAY: Tue DATE: On-going TIME: 12noon-3:00pm
FEE: \$15/yr AGE: 55+ SESSIONS: On-going

East Side Seniors

Many educational and recreational programs are offered at Conway Recreation Center and are operated by St. Paul Community Education staff. Some activities available are enrichment classes, drivers safety, health, foot care, blood pressure checks, drawing, tours, painting, crocheting/knitting club, cards, book club and more. Brochures are available at Conway. For further information on these programs please call Harding Community Education at 651-293-8735.

Hazel Park Seniors

Hazel Park

Instructor: Staff

New members always welcome. Come socialize, meet new friends, and have a fun time playing a variety of games which can include cards, darts, and gym bowling. For more information please contact Hazel Park Recreation Center at 651-501-6350.

DAY: Wed DATE: Sept 17 TIME: 9am-12:00noon
FEE: \$1/day (donation for treats) AGE: 55+ SESSIONS: On-going

Prosperity Senior Citizens Club

Prosperity

Instructor: Staff

Come down for gym bowling, darts, shuffleboard, cards & more. We will get together for some fun during the fall and winter. For more information, please contact Prosperity Recreation staff at 651-298-5722.

DAY: Thur DATE: Sept 18 TIME: 9:30am-12:30pm
FEE: \$1/day (donation for treats) AGE: 55+ SESSIONS: Fall & Winter

Over 45 Women's Volleyball +

Hazel Park

Who's says you can't still get on the court & hit that ball? The gym is set aside just for you & your friends to come play some fun recreational volleyball. Come by yourself or bring a guest. All are welcome!

DAY: Wed DATE: Sept 3 TIME: 12:30-3:00pm
FEE: Free AGES: Seniors SESSIONS: On-going

The Junior League of Saint Paul

The Junior League of Saint Paul, through its Saint Paul Plays! Committee is working with Saint Paul Parks and Recreation and the Mayor's Second Shift Initiative, to provide opportunities for children and their families to connect through play. Game events throughout the year, will be set up to create opportunities for children and parents to play together, teach parents why play is important to their children's well-being, and enjoy time together with their neighbors in a safe environment. Gaming night will be held at these sites:

Arlington:

Nov 3 5:30-7:30pm
Feb 18 4-6pm

Dayton's Bluff:

Jan 15 5:30-7:30pm
Apr 9 5:30-7:30pm

Hancock:

Oct 8 4-6pm
Feb 11 5:30-7:30pm

Jimmy Lee:


Oct 20 4-6pm
Mar 5 4-6pm

McDonough:

Nov 13 5:30-7:30pm
Mar 24 4-6pm

West Minnehaha:

Jan 28 4-6pm
Apr 23 5:30-7:30pm



Strive for 25

- 25 minutes of physical activity per day
- 25 fruit/vegetable servings each week
- Walk or bike 25 miles each month

f2817

No School Day Programming

Don't sit home alone; come spend some time with us having fun in a positive and safe place during these no school days.



FALL: Oct 16 & 17

WINTER: Dec 22, 23, 26, 29, 30 & Jan 2

SPRING: March 30, 31 & April 1, 2, & 3

ALL PROGRAMS ARE FREE. Full day program hours are 8am-6pm. Half day sites are 1-6pm. If you have any questions, please feel free to contact your closest recreation center or call 651-266-6400. *Pre-Registration must be completed by parent or guardian.* Forms will be available at the recreation center or online at www.stpaul.gov/parks. Space is limited.



All Day Programming

8 AM — 6 PM

Sites: Dayton's Bluff, Jimmy Lee, Hancock, Hazel Park, & North Dale.

Half Day Programming

1 — 6 PM

Sites: Scheffer, Hillcrest, McDonough, & Margaret.

Teen Programming

1 — 6 PM

Ages: 13-18

Sites: Hayden Heights, Palace, MLK, & Rice.



Rec Check

Rec Check is a free after school program. Youth in grades 1-6, check in with staff upon arriving at the center and check out when leaving. Parents can choose to be notified when their child does not check in. Youth participate in a variety of scheduled activities including arts & crafts, reading, homework help, and special events. To promote health & fitness, staff will engage youth daily in physical activities such as gym games, outdoor play, and fitness fun. A daily snack is provided. Registration is required & space is limited. Rec check is for youth who live or attend school in Saint Paul.

DAY: Mon-Fri **DATE:** Sept 8 **TIME:** 3-6pm
FEE: Free **AGES:** 6-12 (1st - 6th Grade)

SESSIONS: All public school days except early release days.

SITES: Arlington, Baker, Conway, Dayton's Bluff, Duluth & Case, Front, Hancock, Jimmy Lee, McDonough, MLK, North Dale, Palace, Prosperity, Scheffer, Sylvan, & West Minnehaha

S'more Fun Childcare

S'more Fun is a childcare/recreation program for school-aged children in kindergarten through 6th grade (ages 6-12). We offer recreational, cultural, social and educational activities. Our goal is for children to pursue their own interests, develop friendships, gain confidence, and build independence in a safe, comfortable, trusting and FUN atmosphere.

Battle Creek Recreation Center

Year round program available

MON - FRI **HOURS:** 6:30-9:00am & 3-6pm

For more information please call 651-501-6388

Groveland Recreation Center

Year round program available

MON - FRI **HOURS:** 7:15am - 6pm

For more information please call 651-695-3715

North West Como Recreation Center

MON - FRI **HOURS:** 7-8:20am & 3-6pm

NO SCHOOL DAYS: 7-6pm

For more information please call 651-487-5626